



Need an Attitude Adjustment?

Morale Low? Under Stress? Surrounded by Negative People?

It can be hard to stay positive when faced with challenges and change. And its even harder when you're surrounded by negative people.

Learn secrets to being up even when things are down!

Eliminate negativity and increase your energy and productivity!

Want to feel positive on the job again? Want to motivate others?

Sign up now!

Life is short. Why live it less than happy.

Dealing with Negativity in the Workplace: How to Stay Up when Your World Is Down

Featuring International Speaker
Author, and Courage Coach

**September 22, 2010
Tukwila, WA**

2 sessions: 8:30-12 or 12:30-4



Negativity is rampant. And unless you have the right skills, you and your team are paying the price. Arm yourself now! Learn to protect yourself from the emotional land mines of difficult people, stress, complainers, and more. Eliminate feelings of helplessness by becoming your own hero and taking charge.

And learn to influence those around you, too. It takes more than a pep talk to build morale! Imagine what it would be like to work in a positive place.

As a bonus, learn to deal with the causes of negativity such as conflict and change. Why let negativity rob you of your success and peace of mind?

Register now! You'll be glad you did.

Place: Labor and Industries
12806 Gateway Blvd
Tukwila, WA

Time: 8:30AM — Noon
Or 12:30—4 PM

Investment: \$87

Join us for an exciting,
life-changing day for you
and your team!

"I came in not knowing what to
expect and left mind-blown!
I feel like the power is mine
and only mine. You made me
open
my eyes!"

Register Now! Here's How:

Online:

<http://icsew.wa.gov/events/calendar/training.asp>

Or contact Gen O'Sullivan

(360) 725-9704 ICSEW@sao.wa.gov

Or contact Kathy Bote'

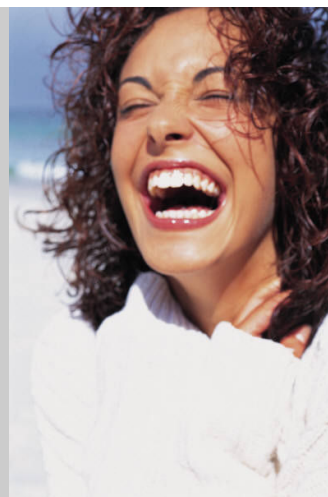
(425) 432-9345 KathyBote@couragespeaks.com

Fee payable prior to program. Mail investment to
Courage Speaks PO Box 1509 Maple Valley, WA 98038
Federal. ID: 27-0223330

Cancellation Policy: For refund, cancel by July 19, 2010

Substitutions welcome or fee applied to future program

Bring Kathy to your next event! www.CourageSpeaks.com



"Become Your Own Hero!"